



THE LEADER

Vol. 37, No. 48

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Dec. 6, 2002

ALWAYS ON WATCH

**319th AMXS members work
around the clock to keep planes flying**
See Pages 10 and 11 for more

319th Air Refueling Wing ♦ Solano Trophy Winner ♦ Best Base in 15th Air Force

Inside:

Weekend weather

Today 25/09 mostly cloudy
Saturday 16/12 flurries
Sunday 17/-02 partly cloudy
Monday 24/08 flurries



Weather information courtesy
319th Operations Support Squadron weather flight

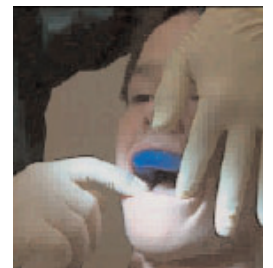
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supports
ONW
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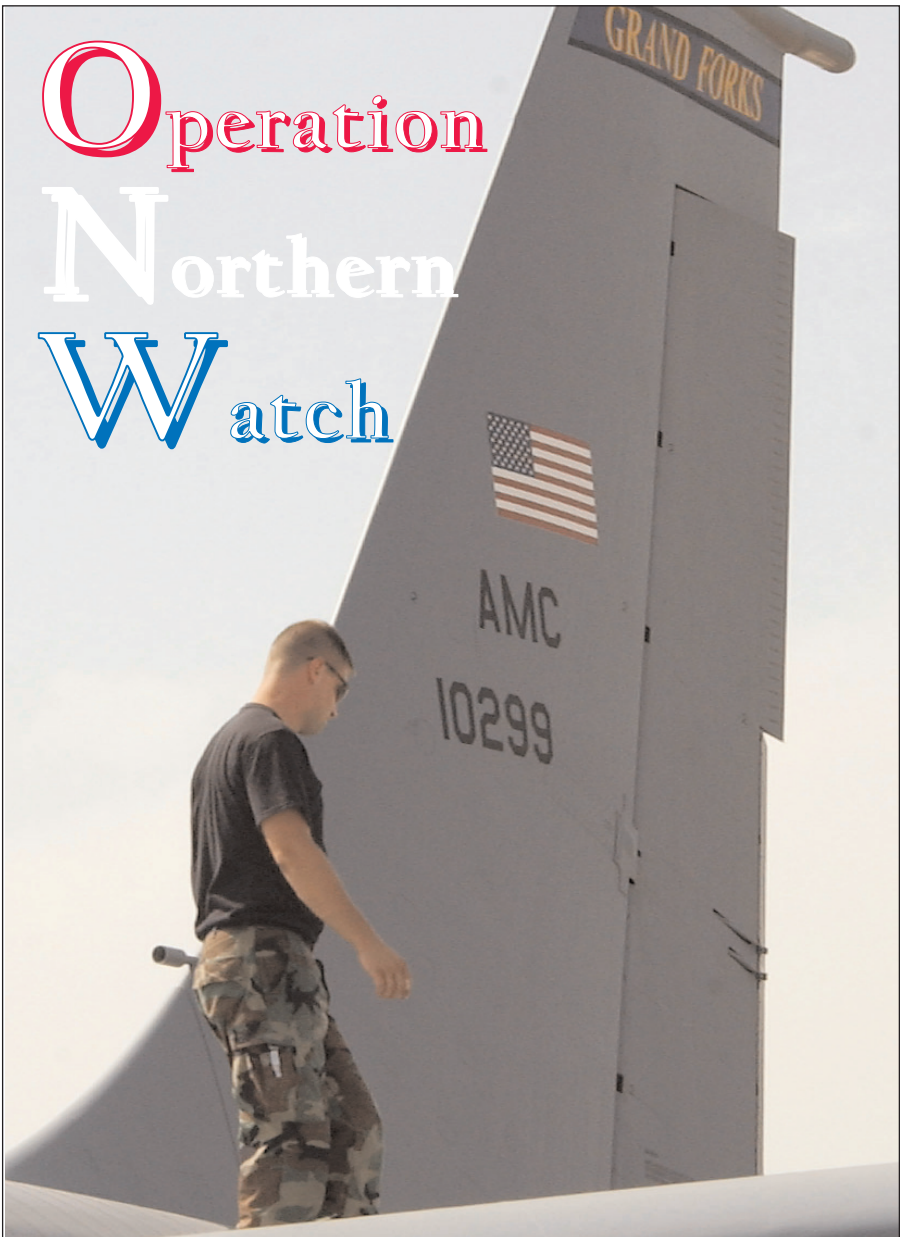
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serve
Thanksgiving
dinner
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**Bumpers for
teeth
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Special Interest



U.S. Air Force photo by Tech. Sgt. Anna Hayman

A ground crew technician inspects the wing of a KC-135R after a sortie at Incirlik Air Base, Turkey. The airman was deployed with 900th Expeditionary Air Refueling Squadron in support of Operation Northern Watch.



U.S. Air Force photo by Staff Sgt. Jason W. Gamble

A KC-135R Stratotanker assigned to the 900th Expeditionary Air Refueling Squadron from Grand Forks, N.D., sits on the tarmac at Incirlik Air Base, Turkey, Nov. 17, 2002. The aircraft and her crew are deployed in support of Combined Task Force, Operation Northern Watch.



U.S. Air Force photo by Tech. Sgt. Anna Hayman

An F-16 CJ from Shaw Air Force Base, S.C., positions to move under the boom for a refuel from a Grand Forks KC-135, during a sortie supporting Operation Northern Watch. The has been enforcing the northern no-fly zone over northern Iraq since 1997.



This issue of *The Leader* informs readers about the 319th Aircraft Maintenance Squadron. This unit is one of the main units responsible for keeping the wing's planes in the air.



Photo illustration by Staff Sgt. Scott T. Sturkol

96%

Air Refueling Effectiveness Rate from Nov. 25 through Dec. 1.

34

DWI-free days.
The base gets a down day for 100 DWI-free days.

Editorial staff

Col. Keye Sabol _____ Wing commander
Capt. Patricia Lang _____ Chief, public affairs
Staff Sgt. Scott Sturkol _____ Chief, internal information
Senior Airman Monte Volk _____ Managing editor
Staff Sgt. Randy Roughton _____ Staff writer

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◆Deadlines

Articles: Due by noon Thursday the week prior to publication. For any questions about submissions, call The Leader staff at 747-5019.

◆Contact information

E-mail: leader@grandforks.af.mil, Phone: 701.747.5023

◆Public Affairs

Editorial content is edited, prepared, and provided by the 319th ARW public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length.

◆Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

President signs defense authorization bill

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — President Bush signed the fiscal 2003 National Defense Authorization Act into law Dec. 2 at the Pentagon.

The NDAA authorizes the Department of Defense to spend \$375 billion to continue the transformation of the military to face future challenges and to fight the global war on terrorism. More than one-fourth of that amount, \$94 billion, will go to support personnel programs and quality-of-life initiatives.

“It sets priorities for our Defense Department in a critical, critical period for our country,” Bush said.

According to the president, the NDAA rewards the service and sacrifice of the nation’s military members and their families with higher pay, improved facilities and better housing.

It also ensures servicemembers have the best equipment, the most advanced weapons, supports operations and maintenance, and continues investments in missile defense and new technologies to give America’s military every advantage on the battlefields of the future.

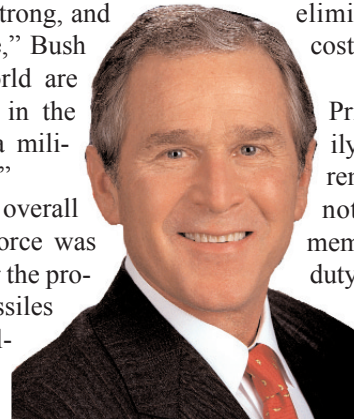
“America’s military is strong, and that’s the way it should be,” Bush said. “Our nation and world are safer that way. Now and in the future, we will maintain a military that is second to none.”

As part of this year’s overall defense budget, the Air Force was authorized \$28.3 billion for the procurement of aircraft, missiles and ammunition; \$33.7 billion in operation and maintenance funds for the active-duty force, Air Force Reserve and Air National Guard; \$389 million for environmental restoration; \$1.3 billion in military construction; and \$684 million in family housing construction.

The highlights of the bill include:

- ▶ Fully funding an across-the-board 4.1 percent military pay raise with targeted increases of up to 6.5 percent for mid-grade and senior noncommissioned officers.

- ▶ Reducing the out-of-pocket housing expenses from the current 11.3 percent to 7.5 percent in fiscal 2003, eventually



“The men and women of our military bring credit to our flag and security to our country.”

- President George W. Bush

eliminating the out-of-pocket costs by fiscal 2005.

- ▶ Expanding TRICARE Prime Remote benefits to family members who remain at a remote location when they cannot accompany the military member on a new assignment or duty. It also extended these benefits to family members of remotely located air reserve component members when they are ordered to active duty for more than 30 days.

- ▶ Extending several special pays and bonuses through December 2003, including enlistment and re-enlistment bonuses. It also permits the service secretaries to award an incentive pay of up to \$1,500 per month to military members serving in assignments involving difficult working conditions or undesirable overseas locations.

- ▶ Doubling the regular basic allowance for subsistence for single enlisted airmen stationed in remote locations without adequate availability of meals

from a government messing facility.

- ▶ Creating a new payment for all military retirees who were wounded in combat and received the Purple Heart and those who were severely disabled in combat-related incidents. Monthly payments would range from \$103 to \$2,100 each month, depending on the level of disability, and would represent a partial to full offset of the reduction in retired pay required by the current law on concurrent receipt.

- ▶ Continuing the existing DOD payment of a special stipend for severely disabled military retirees with a disability rating of 60 percent or higher.

- ▶ Allowing service secretaries to grant a one-time leave of absence of up to 14 days to servicemembers with qualifying emergencies to prevent them from entering into unearned or excessive leave status.

- ▶ Reducing the minimum years of service required by reservists before they are eligible to qualify for retirement pay from eight years to six years.

- ▶ Extending the number of years members of the selected reserve may use Montgomery GI Bill benefits from 10 to 14 years.

— See BILL, Page 4

— BILL, FROM Page 3

- ▶ Authorizing commissary privileges to National Guardsmen who are participating in federally-declared national emergencies.

- ▶ Providing \$4.6 billion for procurement of 23 F/A-22 Raptor production aircraft and continued Raptor development.

- ▶ Increasing the service's unmanned aerial fleet with the procurement of three Global Hawk and 29 Predator unmanned aerial vehicles.

- ▶ Providing \$3.7 billion for the purchase of 12 C-17 Globemaster IIIs and to support a multi-year procurement of additional C-17s.

- ▶ Funding the procurement of one E-8C Joint Surveillance Target Attack Radar System aircraft, one EC-130J and 35 T-6A Texan II Joint Primary Aircraft Training System aircraft.

- ▶ Authorizing a Korean Defense Service Medal to be issued to military members who served in the theater since July 28, 1954.

“The men and women of our military bring credit to our flag and security to our country,” Bush said. “On behalf of the American people, I thank you for all you’ve done (and) for all you will do in the cause of freedom and the cause of peace.”

The annual defense budget comprises two parts – the appropriations bill, which the president signed on Oct. 23, and the authorization bill. The appropriations bill allocates funds to operate the Defense Department. The authorization bill permits DOD to spend the allocated funds.



Photos by Staff Sgt. Mark Richter

Thanksgiving at Airey

(Above) People wait in line at Airey dining facility Thanksgiving Day for the dinner served there by commanders. (Right) Col. Keye Sabol, 319th Air Refueling Wing commander, carves up a turkey for the feast. The dinner was open to military members and their families and offered all the fixings of a traditional Thanksgiving feast.



Briefs

Thrift Savings Plan

The current Thrift Savings Plan open season ends Dec. 31 and reopens April 15.

The Thrift Savings Plan is a federal government-sponsored retirement savings and investment plan. Individuals do not need to retire from the military to take advantage of this program. It is a defined contribution plan which offers the same type of savings and tax benefits as a 401k plan. Contributions are tax-deferred. For more details attend a Thrift Savings Plan briefing, Dec. 18 from 2 to 4 p.m. in the family support center. For reservations call 747-3241 or 747-6437.

Free movie

The base movie theater offers a free showing of “The Wild Thornberry’s” at 3 p.m. Dec. 14 and 15 in the base theater. The movie is rated “G” so bring the whole family. For details call Lisa Feast at 747-3580.

Warrior Day

The 319th Medical Group holds medical readiness training the third Friday of every month from 7:30 a.m. to 1 p.m. This required training enables them to continuously learn, maintain and provide elite patient care during contingency or disaster operations. The clinic only provides emergency ambulance response between those times. All other services are closed.

New York Air Guard

The 109th Airlift Wing in Scotia N.Y., home of the C-130 ski-birds, has traditional guard vacancies in the following career fields: 1A1X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2E6X3, 2S0X1, 3C0X1, 3E0X1, 3E1X1, 3E2X1, 3E4X1, 3M0X1, 3P0X1, 4A0X1, 4A2X1, 4E0X1, 4F0X1, 4H0X1, 4N0X1, and 6F0X1, as well as full-time active duty opportunities in the following AFSCs: 2A1X2, 2A5X1, and 4N071. For details call Master Sgt. Wesley Ryerson at DSN 344-2456; 1-800-524-5070 or e-mail Wesley.Ryerson@nyscot.ang.af.mil.

Elves answer Santa's mail

EIELSON AIR FORCE BASE, Alaska (AFPN) -- Children around the world can get a signed letter from Santa Claus, thanks to elves from the 354th Operations Support Squadron's combat weather flight.

For nearly 50 years, people at Eielson AFB have helped Santa answer the mail.

Each year, the flight answers thousands of letters, sending responses postmarked “North Pole, Alaska.”

“Last year, because of operational concerns, we only answered about 1,000 letters,” said 1st Lt. Andrew Mercer, chief elf for this year's program. The previous year, the flight answered more than 6,000 letters.

People who would like a free letter from Santa for a child should send a self-addressed, stamped envelope to:

**Santa's Mailbag
354th OSS/OSW
1215 Flightline Ave., Suite 100B
Eielson AFB, AK 99702-1520**

OPSEC awareness

Operations security deals with protecting our critical information. Critical information is typically unclassified, but is information an adversary seeks in order to gain a military, political, diplomatic, economic or technological advantage. If revealed to an adversary, this information can prevent mission accomplishment, reduce mission effectiveness or cause loss of lives or damage to resources.

Critical information shouldn't be discussed outside the work area. Some items from the wing critical information list are: 319th Air Refueling Wing personnel's names, TDY status, TDY location, TDY duration and security clearance level. For details call 1st Lt. Carrie Kilareski at 747-4505.

Academy seeks anniversary logo, motto

U.S. AIR FORCE ACADEMY, Colo. (AFPN) -- The U.S. Air Force Academy is searching for a logo and motto for its 50th anniversary.

The logo and motto will be used on programs, official correspondence, reports and other items to recognize the academy's anniversary celebrations.

To contribute an idea, suggestions are due by Jan. 31. The unveiling of the chosen logo and motto is slated for April 1. Submissions can be mailed to HQ USAFA/PA, 2304 Cadet Drive, Suite 320, USAF Academy, CO 80840. For electronic submissions, include the disk or e-mail to action.line@usafa.af.mil.

April 1, 2004, marks the first day of the academy's 50th anniversary celebrations. It was on April 1, 1954, that President Dwight D. Eisenhower signed the bill establishing the U.S. Air Force Academy. The celebrations will be a five-year string of events and memorials from 2004 to 2009.

Commentary

Visit home reminded me of why I serve

By Staff Sgt. Scott T. Sturkol
Public affairs

Over the Thanksgiving weekend I had the wonderful opportunity to travel back to my native lands in Upper Michigan and meet and greet with relatives, friends and acquaintances.

In the madness we're supposed to call fun when we meet with everyone, one thing came to my mind – Americans wouldn't be doing this if it weren't for the people in the military – both present and past.

During Thanksgiving 2001, the sense of urgency was high everywhere you went because of the Sept. 11, 2001, attacks. This year, that same sense has seemed to really diminish, except with some people who know how it really is. We're still at war!

Some of those people I consider "exceptions" include my father-in-law Dennis Giackino – a long-time resident of my hometown of Wakefield, Mich., and a Vietnam veteran. Just last Saturday, as we sat and talked about his upcoming retirement, he asked me if I planned on staying in the military.

I told Denny that I reenlisted in September to take me to my 16-year point. He just smiled and said, "That's great, just great. I sometimes think I should have stayed – those benefits are great."

Denny is also still a firm supporter of the military and the War on Terrorism and he never lets any of us forget it.

He told me, "You guys are still deploying all over the place, eh? I was watching the news this morning and saw that you guys are on heightened alert. Will you be going somewhere sometime soon?"

Keeping operations security in mind, I responded to Denny with a grin and asked him snidely, "Watching too much news again Denny? You know I'm not going to tell you anything juicy."

Since the advent of 24-hour cable news, my father-in-law fancies his knowledge to that of an intelligence officer and often reminds all around him of what he knows.



I try not to give Denny too much of a hard time because after all, he did serve and is a strong supporter of the military.

The night before, I took a ride to one of the town's main convenience store and ran into an old friend, Jimmy Koivu, who also happened to be in town for the holidays. Jimmy is a prison guard in Oshkosh, Wisc., these

days and also is a member of the Michigan's Army National Guard. We chatted as we were checking out and he also turned to our cashier and asked, "Where is Aaron stationed now?"

Immediately my interest was piqued. I asked Jimmy who he was talking about and he said Aaron De Marte. Who is now Airman 1st Class De Marte, a security forces apprentice who recently completed technical training and moved on to RAF Lakenheath, England. The cashier he was talking to happened to be Aaron's mother Judy.

Well a moment later Jimmy departed and Judy's eyes grew big when she realized who I was and knew I was in the Air Force.

She asked me about the base her son went to and about the Air Force in general. She was also so very proud of her son's decision that just filled my heart with gratitude.

"So how long have you been in?" she said.

"Just about 11 years," I said.

"So you've probably seen just about everything," she replied. "I'm just happy we have people like you from our town defending us."

Needless to say the rest of my stay back home went pretty well after that discussion, even though we had just been through a major snowstorm that dumped 12-plus inches of lake effect snow on the area.

The Thanksgiving holiday weekend was a welcome break and it drove home the assurance to me that we still have the public behind us.

It may be the "silent majority" as we've so often heard, but it's a majority and that's all that matters.

Doing it for their health

Three dozen take stop smoking oath

By 1st Lt. Rob Lazaro
Public affairs

Three dozen base members took the first step towards kicking the habit of smoking by participating in the 2002 Great American Smoke Out Nov. 21.

People who pledged to give up tobacco for the 24-hour period were given “quit kits” provided by the Grand Forks Tobacco Free Coalition, which include literature, one or more coupons for discounts on nicotine patches, alternative item and activities to smoking, and an invitation to attend the next tobacco cessation orientation.

“The Great American Smoke Out helps get the people pointed in the right direction toward quitting,” said Tech.

Sgt. Christopher Both, 319th Aeromedical Dental Squadron tobacco cessation program manager. “They can then sign up for tobacco cessation classes that use a program from the American Lung Association, which has helped millions of people stop smoking in the U.S.”

The base health and wellness center wants the smoke-out’s 36 “quitters” and 800 other active-duty smokers and their families to know that they don’t have to struggle with the addiction alone.

The six-week long tobacco cessation course is designed around a group concept and positive enforcement to gradually decrease the person’s habit and desire to smoke, before quitting as a group in the third week of the class. The class provides information on behavior modifica-

tion, quit plans, tips to fight cravings, nicotine replacement therapy, nutrition and fitness, and relapse prevention.

The program also offers types of nicotine replacement therapy to help aid them in quitting all at no cost to active duty, retired, and family members. DOD civilians are welcome to attend the classes but nicotine replacement therapy will not be provided. The cessation courses are offered throughout the year and are taught by one of eight facilitators who are all ex-smokers.



“We know how difficult it is to quit,” said Both. “Even after the six-week course, we can still provide further one-on-one support if necessary. We want you to be successful.”

“Since quitting, this is the first year that I haven’t had any breathing problems during the winter,” said Tracy Ulivi, a smoker of eight years. “I couldn’t have quit without the program’s support along with my family, friends, and co-workers.”

“We have a success rate of 39 percent of people going through the program,” said Both. “However, we want to specifically target the largest population of smokers on base, which are the 18 to 24 year old airmen.”

Smoking causes 430,000 deaths each year and one in every five deaths. The HAWC can provide the tools and help for people who want to become smoke-free.

The next tobacco cessation class is planned to start the first week of the new year. People can sign up by calling 747-5546 or visiting the HAWC.

Base theater

Today, 7 p.m.

Red Dragon (R)

FBI agent Will Graham (Edward Norton) quit the bureau after almost losing his life while chasing Hannibal "The Cannibal" Lecter (Anthony Hopkins). Graham reluctantly agrees to come out of retirement and assist the FBI when a run of gruesome murders leaves everyone baffled. Graham soon realizes that the best way to catch the killer, Francis Dolarhyde (Ralph Fiennes), a k a The Tooth Fairy, is to go back to the incarcerated Lecter and ask him for his insights.

Saturday, 3 p.m.

Brown Sugar(PG-13)

A hip-hop music critic (Sanaa Lathan) and an executive at a hip-hop label (Taye Diggs) have known each other since their childhood, but only as friends. As the exec's wedding date approaches, they're both forced to consider whether or not they were meant to be more than just friends.

Saturday, 7 p.m.

The Transporter (PG-13)

A former U.S. Special Forces soldier-turned-mercenary (Jason Statham) hires himself out as a delivery man — any package, no questions asked. Things are complicated on his latest assignment when he breaks the first rule of the delivery service: don't open the package. The "package" turns out to contain the kidnapped daughter (Shu Qi) of a lethal Chinese cook who's smuggling his fellow countrymen into France.

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Pray the Rosary: 11:30 a.m., Sunflower Chapel, Monday through Friday

CCD: 10:45 a.m. Sunday, Twining Elementary School

Reconciliation: 4 p.m. Saturday, 8:30 a.m. Sunday, or by appointment, Sunflower Chapel

Christmas Choir/Band practice: 1 p.m. Sunday, Sunflower Chapel

Advent Pennance service: 7 p.m. Dec. 16, Sunflower Chapel

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie Rose Chapel.

Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel

Young adults: 6 p.m. Friday, meet at Prairie Rose Chapel annex

Youth: 4 p.m. Sunday, meet at youth center

Religious Education: 9 a.m. Sunday, Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie Rose conference room

Men’s prayer breakfast: 7:30 a.m.. Saturday, Prairie Rose annex

AWANA training: 9 a.m. Dec. 14, Sunflower Chapel basement

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Brave airmen: 319th AMXS members fight weather, problems to keep wing's planes flying

By Staff Sgt. Randy Roughton
Public affairs

Keeping wing airplanes flying and aircrews safe is challenging enough without worrying about what the weather will be like. But the 319th Aircraft Maintenance Squadron's job becomes especially dicey as Old Man Winter settles his frostbitten posterior on the Red River Valley.

The winter temperatures, which can be even more brutal when that cold Canadian wind hits the area, can make virtually every AMXS pre- and post-flight tasking more difficult, especially when every fiber of the human body is telling the brain to get warm.

"Everything is more complicated in cold weather," said Tech. Sgt. Brian Greene, 319th AMXS hydraulics technician. "Everybody gets the mindset they just want to get inside and get warm. That's when everybody has to really concentrate on their job the most."

While the maintenance squadron handles most regularly scheduled isochronal maintenance, AMXS provides flight-line maintenance to ensure the wing's aircrews have "mission-ready aircraft," said 319th AMXS commander, Lt. Col. James C. Howe.

"The AMXS is fully committed to supporting group and wing goals in fighting the Global War on Terrorism," he said, "by always generating excellence in aircraft readiness, or GEAR. 'GEAR Up' is the 319th Maintenance Group's new operations motto."

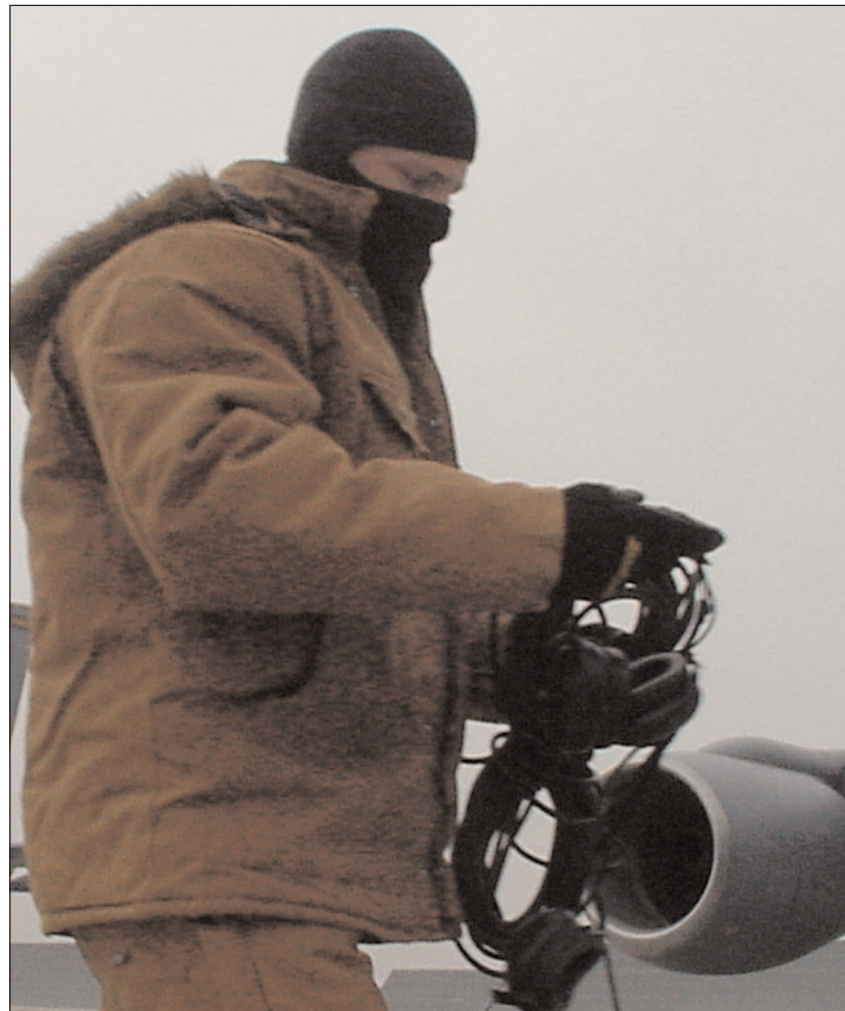
The more than 500-member squadron, which won the 2000 and 2001 Air Mobility Command Maintenance Effectiveness Award, consists of three main flights: Knight and Viking aircraft maintenance units, and sortie support flight, along with the commander support staff.

The unit also works directly with 319th Operations Group scheduling and the MXS, primarily in the maintenance supervision office, with Maj. Joan Fournier, maintenance supervisor, and Chief Master Sgt. John Mann, although Chief Master Sgt. Brian Allison is substituting as superintendent while Mann is deployed.

"The MXS handles all in-depth systems maintenance, while our primary goal in the AMXS is to launch sorties," Fournier said. "We have to balance how much of our fleet we can have tied up in long-term maintenance, with how many airplanes we have available with our flying schedule."

"So we work closely with operations schedulers to fill their flying mission commitments and with the MXS to expedite any maintenance issues."

"Like virtually every other military organization, Sept. 11, 2001 dramatically changed life for the AMXS," Howe said.



Photos by Staff Sgt. Scott T. Sturkol

Airman 1st Class Michael Hand, 319th Aircraft Maintenance Squadron crew chief, rolls up cord while working on a KC-135R Stratotanker Tuesday.

"Not only did the national tragedy and ensuing Global War on Terrorism spark the huge increase in flying hours, it also resulted in many more deployments, which made an impact on how the squadron trains its less experienced airmen and officers," Howe said.

"Basically a third of the squadron is deployed at any time, and that represents the majority of our trained five and seven levels," he said. "So the challenge post Sept. 11 has brought to us, with a third of the squadron in upgrade training, is to manage the upgrade training at the home station, as well as a very demanding flying schedule. In the past, those five and seven levels would be at home station to help train, but now they're deployed, and that leaves very few five- and seven-levels to not only launch the mission, but help train."

Training also has an impact on the AMXS commander's number one goal -- safety. In addition to the wing safety training day, each flight has their own separate training day, while the opposite flight handles flying activities for that day. Also, any squadron member who commit safety infractions report to Howe and the 319th Maintenance Group deputy commander. They also brief each flight at shift changes and on training days on their infrac-

tions and corrective actions.

"Safety is number one and training is number two in the general priority of things," Howe said. "Providing safe and effective aircraft to our wing's aircrews is our mission, one we are very proud of, too."



Airman Jason Velkamp, crew chief, checks tire pressure on a KC-135.



Airman 1st Class Jarrick Hasty, crew chief, cleans the inside of the KC-135 tire for an aircraft wash.



Airman 1st Class Andrew Salazar, crew chief, sprays the wing of a KC-135 for an aircraft wash.

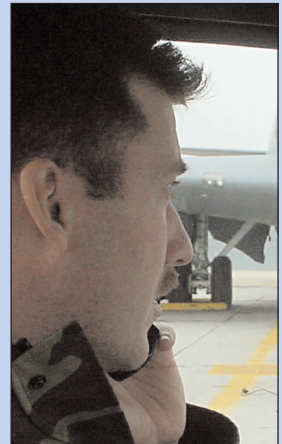
What they're saying ...

— On working in the cold



Airman 1st Class Jonathan Mullins
crew chief

"It's like an icebox when we first get here."



Master Sgt. Anthony Krewson
Viking flight production superintendent

"If the wind's not blowing too much, then the experience isn't so bad."



Senior Airman Chris Proscia
Crew chief

— On deployments

"I've been to Base X twice, Base Y once and will soon leave for Turkey, so I've had four deployments in a 12-month period. Three were for Operation Enduring Freedom and one to Operation Northern Watch."

Senior Airman Joshua Stedman
Crew chief

CHILL FACTOR

'Cold weather is a totally different game'

By Staff Sgt. Randy Roughton
Public affairs

The teeth chatter, the hands shake, even the bones ache through the cold-weather gloves.

While almost all North Dakota wildlife is in hiding and most base members are sheltered in offices and homes from the sub-zero temperatures and brutal 40 mile-per-hour winds, 319th Aircraft Maintenance Squadron members fight the elements while doing their job on the flight line.

"Cold weather is a totally different game," said Tech. Sgt. Brian Greene, 319th AMXS hydraulics technician. "Everything is more complicated, your work load quadruples, but it's the wind that kills you."

319th Maintenance Group organizations have always used a buddy system for any members working on the flight line in extreme cold. But since a change in the group's operating instruction in November 2001, the system takes effect any time the wind chill factor is below minus-15 degrees Fahrenheit. People check their buddies frequently for signs of cold injuries, and work in unheated areas cannot exceed one minute. They also use work-rest cycles at a recommended rate of a 10-minute break each hour, with more frequent breaks as the temperature decreases.

When the wind chills reach below minus-34 degrees F, all lower priority outdoor work stops. Outdoor work should only be accomplished after assessing risk and mission priorities, and any work will be performed under direct supervision. All outdoor work is suspended when the temperature drops below minus-48 degrees F.

The squadron's focus on "back to basics" in aircraft maintenance, especially emphasizes cold-weather hazards during winter time, said Lt. Col. James Howe, 319th AMXS commander.

"We stress the usage of proper full protection hardware that's available for de-icing operations and walking on the wings," Howe said.

Although winter conditions give 319th AMXS crews considerably more work and worries, planning often helps limit the exposure to the cold, Greene said. Still, there will be times when there's no avoiding the worst Mother Nature has to offer.

"When like today, we know an airplane won't leave until 4 p.m., the first thing I do is call the aerospace ground equipment



Photo by Staff Sgt. Scott T. Sturkol

Senior Airman Chris Proscia, 319th Aircraft Maintenance Squadron crew chief, prepares to spray a plane with deicing fluid from the "cherry picker" on one of the squadron's deicing trucks.

shop for a heater, so we can work with the weather not even being a factor," Greene said. "But when the aircrew is already on the plane ready to launch, we have to get working immediately, although I have someone call to get a heater as soon as possible."

"It's like an icebox when we first get here," said Airman 1st Class Jonathan Mullins, crew chief.

During the pre-Halloween snowstorm Oct. 12, 2001, Senior Airman Joshua Stedman found himself spending most of the day on the flightline because with all of the seven-levels kept off base because of the road conditions, he was the one with the most experience and knowledge who was available. And the aircraft had to get off the ground for a high-priority mission that day.

Like most days when there's snow and ice on the wings, Stedman had to perform balance bay and quick start, APU systems inspections and de-ice the aircraft.

"It also takes longer to do our other inspections when it's colder out here," he said, "trying to do easier work when we have our gloves on. I actually try to avoid the heater because when you have to be away from it, you get colder a lot quicker if you get accustomed to being warm."

The squadron's high temporary duty rate since Sept. 1, 2001, has made coping with weather conditions even more difficult.

"You come back from Turkey, where it's 85 degrees (Fahrenheit) operating temperature, to here, where it's totally different,"

Greene said. "Then, you go to Base Y, so the weather operations changes back and forth. It's much easier when you're here as the weather gradually changes. Going from here to the desert is a big factor."

All AMXS flights do their jobs and don't complain, even on the worst days. They know the importance of the mission.

"We had one week in December 2000 when the wind chill never got over minus-60 degrees F, but they have to still make the mission hap-

pen," said 1st Lt. Leonard Shores, crew chief section officer in charge. "With the conditions they have to deal with, our guys are really awesome. I can't give enough kudos to them for what they do, especially when they're dealing with such negative wind chills as we have here."

"Without the maintenance, hard work and dedication of our airmen and NCOs, regardless of the weather, the wing's planes wouldn't fly."

The aircraft would also not get off the ground without the help of the alternate mission equipment, or AME, shop. Part of the shop's job is servicing the 20 1800-gallon de-icers, said Senior Airman Scott Gebhardt, AME technician.

Gebhardt and others from AME often find themselves spending half the day in the cold.

"You just learn to dress warm," he said, "because if you get too hot, you know you can take a layer of clothing off. You stay warm and try to keep moving."

Senior Airman Chris Proscia, crew chief, recalls his first experience of getting up in a de-icer and spraying down a plane.

"The first time for me was cold,"

Proscia said. "Just coming from Texas and getting here in February nearly three years ago - it was extremely cold."

"When I was using the spray gun for the fluid, I didn't know how to adjust it at first and I ended up turning up the fan where some of the fluid blew up in my face," he said. "At first there sweet taste and after that, it wasn't so sweet."

Community

Today

FRIDAYS AT LIBERTY SQUARE

Open skating at Liberty Square for ages 6 to 18 from 6 to 10 p.m. Admission is \$3 and skate rental is \$2.

The teen center at liberty square is open tonight for ages 13 to 18 from 6 to 11 p.m.

Saturday

QUILT CLASS

Get into the holiday spirit. Join the skills development center Monday and Dec. 16 from 10 a.m. to 1 p.m. for their “Peace on Earth” quilt class. Cost is \$15 plus supplies. Sign up today, 747-3482.

Monday

LOCAL SHOPPING TRIP

A shopping trip to Columbia Mall is Tuesday. They depart at 9 a.m. from the community activity center and return at 3 p.m. Cost is \$5 for transportation. Sign up today; need five paid participants to go.

TABLE RUNNER WORKSHOP

Get your table ready for the holidays. Join the skills development center Wednesday and Dec. 18 from 10 a.m. to 1 p.m. for its Holiday Table Runner Workshop. Cost is \$15 plus supplies. Sign up by today, 747-3482.

Tuesday

HOLIDAY OPEN HOUSE

Come to family child care today from 11 a.m. to 1 p.m. to participate in a holiday open house with refreshments and tours of the facility. Family child care is located on 7th Ave. in Bldg. 320. For details call 747-4167.

Thursday

\$1 LUNCH DAY

The club has a barbecue lunch for \$1 today for members only from 11 a.m. to 1 p.m.

LOCAL SHOPPING TRIP

Let outdoor recreation take you to West Acres Mall in Fargo Thursday. They depart at 9 a.m. from the community activity center and return at 3 p.m. Cost is \$10, transportation only (infants, toddlers and pre-school children ride free). Sign up Wednesday; need eight paid participants to go.

MALL OF AMERICA

Let outdoor recreation drive you to the Mall of America to do some holiday shopping. Sign up today at outdoor recreation or call at 747-3688. Departure is 5 a.m.

from outdoor recreation and they will return late the same evening. Cost is \$20, includes transportation only.

FRAMING WORKSHOP

One more gift you can scratch off your list. Join the skills development center Dec. 14 from 10 a.m. to 4 p.m. for their framing workshop. Cost is \$20 plus materials. Bring a picture to frame. Class size is limited, sign up today, 747-3482.

TREE SKIRT CLASS

Make sure your Christmas tree is just as festive as your spirit. Join the skills development center on Dec. 14 from 10 a.m. to 4 p.m. for its Christmas tree skirt class. Cost is \$15 plus supplies. Sign up today, 747-3482.

ARTS AND CRAFTS NIGHT

Interested in becoming an artist or learning a craft? Come out to the youth center tonight for Arts and Crafts Night. Ages 6 to 12 at 5:30 p.m. and ages 13 to 18 at 7:30 p.m. It’s free.

Upcoming

SKILLS DEVELOPMENT CENTER

Holiday framing: The cut-off date to place holiday framing orders is Dec. 13.

Holiday hours: Close at noon Dec. 24, closed Dec. 25, and Jan. 1.

Holiday print sale: Take 20 percent off selected prints and framed artwork.

SUPER SUNDAY BRUNCH

The club has Super Sunday Brunch Dec. 15 from 10:30 a.m. to 1:30 p.m. Come and enjoy two meats, biscuits and gravy, eggs, fruit, waffles, omelets and more. The next Super Sunday Brunch is Jan. 5.

NEW YEARS EVE DINNER

Come have New Years Eve dinner at the club. All ranks can choose from a 6 p.m. or 8 p.m. meal for \$12.95. The meal is Prime Rib or Jumbo Shrimp, baked potato, vegetable, roll and salad. Members first receive \$2 off. A New Years eve dance is later that night from 9 p.m. to 2 a.m. Cost is \$5 per person members first receives a \$3 discount, includes party favors and champagne toast at midnight.

YMCA ART CONTEST 2003

This 9th annual art contest is in support of “Military Family Month” and sponsored by Armed Services YMCA. Students K-6 of military families can enter. Thirteen savings bonds will be awarded. Entries must be turned in to the youth center by Jan. 20. Call the youth center; 747-3150 for complete rules and regulations.

Community

Local events

WINTER WONDERLAND

Winter Wonderland 12, Saturday, downtown Grand Forks and East Grand Forks. Winter Wonderland offers an old-fashioned holiday celebration for the family.

Highlights include: strolling carolers, sleigh rides, an Elves’ Shop, community-tree decorating, build-your-own snowman, ice skating at Town Square, children’s story-time and more. The day will culminate in the popular Parade of Lights at 6 p.m. For details call (218) 791-8333.

OL FASHIONED CHRISTMAS

An Ol Fashioned Christmas Festival is Sunday, at Heritage Village. Fun for the whole family including caroling and refreshments. For details call (218) 773-0406.

NUTCRACKER BALLET

Nutcracker ballet is Dec. 13 at 7:30 p.m. in the Chester Fritz Auditorium. The Ronn Guidi Foundation for the Performing Arts with the North Dakota Ballet Company present “The Nutcracker 2002.” Choreographed and directed by Ronn Guidi, founding artistic director of the Oakland Ballet.

Area dancers, along with special guest artists from the professional dance world perform ths beloved holiday classic danced to the familiar melodies of composer Peter Tchaikovsky. Join us for this holiday tradition - a “Nutcracker” that will touch the hearts of the entire family. For details call 777-4090.

EVENTS LISTING

For information and more events happening in the local area, logon to the Visit Grand Forks Website at www.grandforkscvb.org/pages/calendar.

Thrift shop holiday hours

The base thrift shop is open Tuesdays, Fridays and the first Saturday of the month from 10 a.m. to 2 p.m. They are closed from Dec. 20 to Jan. 10.

ESC Christmas party

The enlisted spouses club Christmas party is 7 p.m. Tuesday in the community activities center. The theme for this year’s party is angels. The festivities include a potluck dinner, followed by an ornament and cookie exchange, that is optional, and a surprise Christmas craft.

To participate, bring an ornament that costs \$10 or less for the ornament exchange. For the cookie exchange, bring five dozen of your favorite homemade cookies, split into 10 bags of 6 cookies apiece.

The ESC is a club committed to providing a support network for enlisted spouses, but active duty and retired active duty enlisted and their spouses are also eligible to become members. For details call Mary Bucher at 594-8770 or Bobbi Sturkol at 594-3855.

AMXS children’s Christmas party

The 319th Aircraft Maintenance Squadron Spouses Children’s Christmas Party is Saturday at the community activities center from 12:30 to 2:30 p.m. Parents are asked to bring a gift (\$10 or less) with your child's first and last name on it to the orderly room by noon today or drop off gifts to Natalie Kuehn's house, call 594-6400 for address. Santa will deliver gifts childern at the party. For details call Jeanette Allison at 773-4016.

SFS children’s Christmas party

The 319th Security Forces Squadron children’s Christmas party is Dec. 14 from 7 to 8:30 p.m. People attending are asked to please bring a gift for that is \$10

and under to give their child. For details call 594-3998 or 594-9484.

OSC/ESC scholarships

Officer and enlisted spouses club offer scholarships. For details visit the base education center or a high school guidance counselor or call Joe Chine at 594-2288 or Felicia Atherton 594-8643.

OSC holiday brunch

The officers spouses club offers a holiday free brunch for its members Dec. 19 at 10 a.m. The Central High School Chamber Chorus will perform. Call Mary at 594-3405 to RSVP.

CE spouses support group

The 319th Civil Engineer Squadron spouses support group meets Monday at 6:30 p.m. in the conference room at the base gym. They will make Christmas crafts at this meeting. To make reservations or for details call Julie Martin at 594-9298.

AEF offers Air Force spouse scholarships

Applications and scholarship guidelines are now available at the education center and at the family support center for the Aerospace Education Foundation's (AEF) Air Force Spouse Scholarship.

The program is designed to encourage Air Force spouses to pursue associate/bachelor undergraduate or graduate/postgraduate degrees. Those eligible may also apply online at www.afas.org.

For details calll Tim R. Scheving, education center, at 747-3313.

Sports

Shorts

BASE VOLLEYBALL TEAM

The base volleyball team competes at 5:30 p.m. Sunday at the Center Court Fitness Club, 1600 32nd Avenue South, Grand Forks. They finished the regular season 6-1 and advanced to the second round of the playoffs in the Grand Forks Park and Recreation league downtown. The result of Sundays match determines the time and date of their next match.

3 ON 3 BASKETBALL

A 3-on-3 basketball tournament for ages 9 to 12 is Saturday at 7 p.m. and for ages 13 to 18 at 9 p.m. in the youth center. For details call the youth center at 747-3150.

YOUTH GALAXY BOWLING

Dakota Lanes offers youth galaxy bowling Saturdays for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 per hour and 75 cents for shoe rental. Need 10 to hold; must sign up at the youth center to attend.

FOOTBALL FRENZY

Join the Club for “Football Frenzy” Sunday at noon; NFL Sunday Ticket – Total of four games on at one time.

MONDAY NIGHT FOOTBALL

Come to the club Monday for more Football Frenzy for Monday Night Football starters in the sports bar.

TOURNAMENT TUESDAYS

Every Tuesday the youth center will hold Tournaments for ages 9 to 12 at 5:30 p.m. and ages 13 to 18 at 7 p.m. Today’s tournament is Pool.

ICE FISHING AND SKI TRIPS

Join outdoor recreation on tis 2003 inaugural ice-fishing trips. Trips are Dec. 14, 21 and 28, and are dependent on weather and ice conditions. Cost is \$15 single, \$25 couple, \$35 family (three to four, \$10 each for extra family members). Departure is 7 a.m. from outdoor recreation and they return late in the afternoon, the same day. For details and to sign up call 747-3688.

Join outdoor recreation every Saturday from now until the end of May on a Ski Trip. The next trip is to Frost Fire on Dec. 14. To sign up or for details call 747-3688.

BOWL-BY-MAIL TOURNAMENT

Join the youth center in the annual Bowl-By-Mail Tournament Dec. 27,

formerly Postal Bowling Tournament. Bowling starts at 1 p.m. at Dakota Lanes bowling center. All youth center members age 5 to 18 may participate, cost is \$3.50 for ages 5 to 8 (two games) and \$5 for ages 9 to 18 (three games). Top three scores in each age group will be submitted to MAJCOM. For details call the youth center at 747-3150.

DAKOTA LANES

Family holiday bowl: Dec. 14 from 11 a.m. to 5 p.m. Red Pin Bowling is \$1 per game. Holiday music will be playing, the pogo pin drawing and red pin bowling. The Staff may also be wearing Santa hats and handing out candy canes, so make sure you bring the family out for this event (This program will be running during the Saturday family bowl).

Dakota Lanes offers holiday bowling cards for the Christmas break for \$10 each and can be used to bowl as many times as children like during open bowling from Dec. 21 to Dec. 31. (Dakota Lanes will be closed Dec 24 and 25, and the card is not valid with the annual youth bowl by mail tournament on Dec. 27).

New Year’s Eve galaxy bowling at Dakota Lanes is from 8 p.m. to midnight. Cost is \$15 per adult, \$8 per child for four hours of galaxy bowling.

OUTDOOR RECREATION NOTABLES

Ice fishing equipment: Let outdoor recreation supply all your ice-fishing needs. They have two and four person Frabill portable ice shanties, 10-inch Jiffy ice augers, portable sunflower-type propane heaters and assorted ice fishing equipment.

Ski equipment: Outdoor recreation has purchased new downhill Rossignol “Stage 2” shape skis with “Axium” bindings and cross-country Rossignol “Glade Runner” touring skis and X-6 boots. The season is upon us so come let them fit you for all your skiing needs.

Ski resort information: There are sixdownhill ski resorts within a 3 1/2 hour drive from the base. The resorts offer reasonable rates for lift tickets and the skiing is decent. Outdoor recreation has all the information needed to get there and up-to-date conditions on the areas.

Mouthguard care instructions

✓ Before and after each use, rinse mouthguard with cold water or with an antiseptic mouth rinse. Toothpaste and a toothbrush works as well.

✓ When not using the mouthguard, place it in a firm perforated container.

✓ Avoid high temperatures, which can distort the mouthguard.

✓ Check it for tears, holes and to see whether it has become loose. These can lessen the protection it provides.

✓ Bring the mouthguard to dental appointments so the dentist can insure it's still in good condition.

Mouthguards:

Teeth bumpers protect more than smile

By Senior Airman Monte Volk
Public affairs

Throw the football jersey, cleats and mouthguard in the closet, football is over and basketball is here. Well, maybe not the mouthguard.

Last year, basketball injuries accounted for more than half of the dental trauma seen at the base dental clinic.

The good news is the base dental clinic offers free custom-made mouthguards for active duty personnel participating in any sport.

"This type of mouthguard provides the most comfortable fit and protection," said Capt. (Dr.) David Gordley, "they are superior to the stock mouthguards found at most sporting goods stores which can be more restrictive to breathing and speech because little can be done to adjust its fit."

Accidents can happen during any physical activity. Mouthguards help cushion blows from misdirected elbows in a basketball game or a spill off a bicycle, which

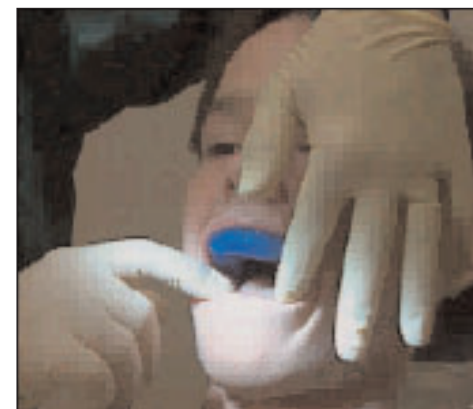
might otherwise cause broken teeth and injuries to the lips, tongue, face or jaw, according to the American Dental Association; they also may reduce the severity and incidence of concussions.

"A properly fitted mouthguard is an important piece of athletic gear," said Gordley. "Anyone who participates in a sport that carries a significant risk of injury should wear a mouthguard."

The most effective mouthguard should have several features, according to the ADA. It should be resilient, tear-resistant and comfortable. It also should fit properly and not restrict one's speech or breathing.

Like any other sports gear, a mouthguard will wear out, making it less effective. If your mouthguard has holes or tears or becomes loose, it can irritate the teeth and gums.

"If you notice any wear and tear on your mouthguard, bring it in and have it looked at," said Gordley. "We can provide you with a new one, if need be."



Custom-made mouthguards require the dentist to take an impression of your teeth, before the mouthguard can be made. A custom-made mouthguard provides the best fit and protection.

Family members needing a mouthguard should contact their private dentist for more information.

To schedule an appointment for a custom-made mouthguard, call the base dental clinic at 747-5393.

Officials may change Air Force fitness program

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — Air Force health officials are proposing a change to the service's fitness program to help airmen place a greater emphasis on their overall health and well being.

Many airmen incorrectly think that the Air Force fitness program is cycle ergometry, according to Maj. Lisa Schmidt, chief of health promotion operations in the Air Force surgeon general's office at Bolling Air Force Base, D.C.

"The Air Force fitness program isn't about the bike test," Schmidt said. "The fitness program is about eating healthy and exercising three to five times each week. The bike is just a tool we use to measure the effect of a personal fitness program."

According to Schmidt, the goal of the program is to encourage a mindset change in all airmen toward adopting a more proactive and preventive approach to health and fitness, thereby increasing the focus on personal readiness and not just passing a test.

Health officials are examining how they can align the Weight Management Program and the cycle ergometry evaluation together to make it a more comprehensive assessment of someone's health. This assessment will use

a composite score to get an overall picture of an airman's health risk.

This change has been incorporated into "WarFit," a test program started at F.E. Warren AFB, Wyo., in February and at Los Angeles AFB, Calif., in May. The program will start Air Force Space Command-wide in January.

Health experts from the Air Force surgeon general's office, the clinical operations division of AFSPC's surgeon general office, and the health and wellness center at F.E. Warren AFB, along with physiology and human performance experts from Brooks City-Base in San Antonio helped outline the prevention-based program.

"We chose to base fitness-program evaluations on health risk assessments," said Col. Jon R. Pearse, 90th Medical Group commander at F.E. Warren AFB.

According to Pearse, aerobic fitness, body fat and muscular strength all play a part in a person's overall health and are what "WarFit" attempts to measure.

A person's score on the bike test and the number of push-ups and sit-ups he or she does will be combined with his or her body fat percentage to come up with the composite score. This score will be used to place the person in one of three health-risk categories: low risk, moderate risk or high risk.

Schmidt said that the proposed program puts a greater emphasis on prevention through earlier education and unit

physical training programs. Airmen who are identified as being a moderate risk will attend a general Healthy Living Workshop that focuses on behavior change and general information for fitness and nutrition. High-risk members will receive more individualized and targeted intervention.

At F.E. Warren AFB, airmen categorized as high-risk are placed into a five-day-a-week, mandatory exercise program. Those classified as being a moderate risk will be put into a similar, three-day-a-week program. Those who were identified as being in the low-risk category are still encouraged to exercise three times a week but their activity is not monitored.

"The goal isn't to make this monitored-exercise regimen a punishment for those with a moderate- to high-health risk," Pearse explained. "The goal is to help these people successfully adopt a healthier lifestyle."

Airmen are provided with fitness and nutritional counseling, he said. They also can get help in setting up a structured exercise program targeted at improving their overall health and fitness.

After six months in the program, more than 90 percent of the participants identified as high risk were able to improve their fitness and scored in the low-risk category.

"I was astounded that so many improved so quickly," Pearse said.